



Web Site: <http://www.owlsf.org>

October- December 2018

Email: owlsf@owlsf.org

OWL focuses exclusively on critical issues facing women as they age. We work together to improve the status and quality of life for midlife and older women through national, state and local networks.

OWL-SF Presents

Dreaming of a More Livable SF?

What do Hamburg, Vancouver, and Helsinki have that SF doesn't?

Learn more about what makes a Livable City and what we can do to make San Francisco a safer, healthier, happier and more accessible city



Presenter **Karen Allen**, President of the Board of Directors of Livable Cities

When: Saturday, October 27th , 10am to Noon

**Where: Community Room, Northern Police Station
1125 Fillmore Street at Turk**

Muni #5, 22, 31 & 38 (4 block walk)

(no parking in the police parking lot)

All Welcome
Wheelchair Accessible

OWL SF * 870 Market Street, #905, San Francisco, Ca. 94102
Phone 415-712-1695 * Web site: www.owlsf.org

OWL Demands Excellence in Community Health For San Francisco Seniors

The San Francisco Planning Commission met on September 6th. In regard to the development agreement with California Pacific Medical Center (CPMC) Bob Prentice and Michael Lyon testified to Dr. Ken Burns. Here is OWL Board Member, Melanie Grossman's, 2 minutes of testimony.



Good morning Commissioners and thank you for the opportunity to speak. My name is Melanie Grossman. I am a licensed clinical social worker, specializing in geriatrics. I represent the San Francisco Older Women's League in the SFH2J3 Coalition.

Generally, a center of excellence (COE) is defined as a comprehensive program in a particular medical area which supplies concentrated expertise, best practice care, education and other services. CPMC's vision of the Senior COE serves only hospitalized patients with access to the new Acute Care of the Elderly Unit. Language in the Development Agreement leaves ample room for something much broader.

Our vision would offer inpatient and outpatient "whole person care" which means care for physical, mental and cognitive health, caregiver support, and programs including disease prevention, promotion of aging in place, increased independence and reduced social isolation.

To assure aging in place, the Center would work closely with community resources and families to make timely and culturally appropriate referrals. For example, a referral to a meals program will fail if not culturally matched, has a 3 month waiting list and has no follow up.

Our Center would not be organized top down, as the current one is. Community input is essential. The Always Active Program, which began with focus groups and interviews with agencies, churches and stakeholders, is still going strong all over the City because of community input and willingness of the experts to trust that people knew best what would work for them.

Also stipulated in the Development Agreement is a Center of Excellence in Community Health mandated to screen and manage individuals with or at risk for chronic diseases, building on the existing Health First Program. We need more than an extension of what already exists. This is an opportunity to build something truly excellent that will serve as a model to other hospitals in the City. CPMC needs to do more than satisfy the minimum requirements of the development agreement. Otherwise the two Centers of Excellence become nothing more than political and marketing tools. It's time for CPMC to step up to the plate for San Francisco.

All Women's Issues Were Not Resolved In 1920

All Women Activists Are Not Wild-Eyed Radicals

Women's Health Care Is Not Adequately Covered

Women's Economic Security Is Not Based On The Charity Of Men

Everything You Need To Know About "The System" Was Not Taught In School

Board Members

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Joan Downey, Treasurer
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Political Advocacy Committee

Glenda Hope
 Melanie Grossman
 Co-Chairwomen

OWL SF Board meetings:

first Monday of the month, 4:00-6:00 pm, 870 Market St.

Phone: (415) 712-1695

Email: owlsf@owlsf.org

Web: www.owlsf.org

Mail: 870 Market St., Room 905, San Francisco, CA 94102



Discussions of issues continue over refreshments after the meeting.
Photo by Tina Martin

Ballot Round-Up Examines State and Local Measures

The Ballot Round-Up Meeting for the November 2018 Elections was held on September 22nd in the Hispanic Room of the San Francisco Main Library. As in the past, chosen ballot measures were discussed using the usual format of For and Against speakers, followed by a Q & A period. Measures were selected by the Political Advocacy committee according to impact on and interests of our OWL membership. Selected measures included:

State of California

Proposition 5 Property Tax Transfer Initiative

- **For** Speaker unavailable, *Yes on 5* fact sheet was summarized.
- **Against** Ben Grieff from community organization *Evolve*.

Proposition 10 Local Rent Control Initiative

- **For** Lorraine Petty from *Senior and Disability Action (SDA)*.
- **Against** Janan New, Director of *San Francisco Apartment Association*.

City and County of San Francisco

Proposition C San Francisco Gross Receipts Tax for Homeless Services Initiative

- **For** Evan Owski, Representative, *Our City Our Home*.
- **Against** Danny Baldocchi, Political Director for *No on C Campaign*.

Discussion was lively and informed. Many of the speakers lingered after the presentation to answer more questions and to enjoy the refreshments provided by OWL members. Additional information on these and all local ballot measures can be found at the California State and the San Francisco election websites below.

State: <https://www.sos.ca.gov/elections/ballot-measures/qualified-ballot-measures/>

San Francisco: <https://sfelections.sfgov.org/measures>
—*Melanie Grossman*

WELCOME NEW MEMBER!

Norma Black

Climate Happenings

September has been a busy month for climate news. For three days in mid-September, the Global Climate Action Summit was held here in San Francisco. There were many climate-focused activities before the summit. And the California legislature wound up the session, passing important legislation that was signed by the Governor.

The Global Climate Action Summit, co-chaired by Governor Brown and former New York mayor Michael Bloomberg, brought leaders from all over the country and the world. The Summit was held to show that many, including local governments and businesses, want continued progress in addressing the climate crisis (contrary to the federal policies). Very important commitments were made, and many governments, businesses, and citizens showed concern and willingness to act.

One of the most important activities leading up to the summit was the RISE march, held on September 8, for “Climate, Jobs, and Justice”. 300,000 chanting, dancing, marching people marched from Embarcadero Plaza to Civic Center. It was an exciting show of concern, with everyone from your next-door neighbor to indigenous groups who flew in from far-away Pacific Islands. At the end, there were huge street murals painted by participants, as well as resource booths.

Here in California, a number of important pieces of legislation passed. Most significant was SB 100 which commits the state to producing 100% of electrical energy from renewable sources by 2045. This got a lot of national and international attention and was a major accomplishment -- activists have been working hard for the last two years and more. California also passed legislation which disallows drilling off the coast.

—*Kathie Piccagli*

A Thought For Our Times:

If ever the time should come, when vain and aspiring men shall possess the highest seats in government, our country will stand in need of its experienced patriots to prevent its ruin.
-Samuel Adams, revolutionary (27 Sep 1722-1803)

*Be a patriot
Encourage your friends to vote in the November!*

Like OWL SF on Facebook!
<https://facebook.com/OWLSF/>

OWL Collaborates With These Organizations

The Community Living Campaign (CLC)

employs seniors and people with disabilities to build neighborhood support groups and activities focusing on food delivery, exercise, home repairs, healthy aging, advocacy, social activities and more in order to draw isolated people into community. Currently, such aging-in-place networks are operative in the OMI (Outer Mission, Merced Heights, Ingleside), Parkmerced, Bayview, Cayuga, Metna (Merced Extension Triangle), Miraloma, and St. Francis Square/Western Addition neighborhoods.

CLC also offers free technology and social media classes and one-on-one training in English, Spanish and Chinese at community sites. They engage in public policy and advocacy efforts to improve services for seniors and persons with disabilities and their hands-on care providers. www.sfcommunityliving.org

The California Clean Money Campaign www.caclean.org worked for 7 years to get the Disclose Act to become California law. OWL worked right along with them by gathering signatures on petitions and contacting elected officials who were in a position to vote on this proposed legislation. It became law in 2017, forcing major funders of political ads to be named on the ads and not hidden behind layers of committees.

In 2018, the Campaign won another victory for democracy by guiding the Social Media Disclose Act to big bi-partisan votes in favor in both houses of the California legislature. This requires Facebook, Twitter, and other online platforms to show the top 3 funders of ballot measure and independent expenditure ads by name.

We wait to see what their next effort to protect our democracy from dark money will be. This is a constant struggle and OWL will continue to be part of it.

—*Glenda Hope*

The California Alliance for Retired Americans (CARA) www.californiaalliance.org was formed in 2003 in order to build a statewide network of hundreds of organizations and individuals to win social and economic justice, full civil rights, and a better, more secure future for ourselves, our families and future generations. See CARA Update on page 5 for more about CARA.

—*Margaret Lew*



Senior and Disability Action mobilizes and educates seniors and people with disabilities to fight for individual rights and social justice here in San Francisco. Its major areas of advocacy are housing for those with low incomes, healthcare, especially long-term care and support, and pedestrian safety. SDA also gives trainings on disability and ableism, educates through its Senior and Disability Survival School and University on what services are available and how to advocate for what is needed, and maintains a computer lab that people can access.

SDA was a leader in getting the free MUNI for seniors and people with disability, increasing the crossing times at intersections, getting more rental assistance money for low income renters, and extending the eligibility for support at home. People can drop in or call at the office for assistance or referrals. General meetings are held on the second Thursdays, 10 am to Noon at the Unitarian Center, 1187 Franklin at O'Farrell. Office: 1360 Mission Street between. 9th and 10th Streets, Suite 400, (415) 546-1333, www.sdaction.org

—*Betty Traynor*

Walk SF www.walksf.org makes walking in San Francisco safe for everyone, so our community is healthier and more livable.

Since 1998, Walk San Francisco has been San Francisco's only pedestrian advocacy organization fighting for more than 837,000 residents, 162,000 weekday commuters, and 16.5 million visitors annually, who walk in the city. Through smart, targeted advocacy, Walk SF and its members, are improving city streets and neighborhoods and making San Francisco a more livable, walkable city by reclaiming streets as safe, shared public space everyone can enjoy.

—*Joan Downey*

Legacy Film Festival on Aging www.legacyfilmfestivalonaging.org created and presented by OWL SF member Sheila Malkind, each year's films include independent short films, documentaries and feature length narrative stories from around the world, presented in 9 separate themed programs, with a post-screening Q&A for each program. See Sheila's report on this year's festival on page 6.

—*Margaret Lew*

**Save the Date
December 15th**

December Holiday Party
GOOGLE Community Space
188 Steuart Street, between Mission and Howard

Join your OWL sisters for a delicious luncheon, conversation, book exchange and more. Bring a book that you want to share with another OWL and good cheer. Details will be sent via postcard.

CARA Update

September was a big month for CARA, with the end of the legislative session in California, the Senior Vote project in high gear to address the National elections coming up, and the CARA regional convention.

The Senior Vote project which has been described in earlier OWL newsletters, has held 17 town halls to discuss candidate positions, all across the state. Calls alerting senior voters to review candidate positions on issues of concern to seniors have been made in five targeted districts. Through this project, we have made many senior voters aware of focusing on their own interests (like Social Security, Medicare, and Medicaid) when they vote.

This (alternate) year there were regional CARA conventions, rather than a state-wide convention. Our San Francisco group went to San Jose for our regional convention on September 27. As usual, it was interesting and fun. (Truthfully, I would have been a lot more focused had I not been glued to my twitter feed getting live tweets about the Ford – Kavanaugh hearings. Too bad that fell on the convention day!)

The convention keynote speaker was Ash Kalra, a State representative from the San Jose area. He has been a real friend to seniors, as well as other good causes (including environmental issues) and he discussed some inroads we have made in the state legislature. There were presentations from representatives from offices of Kevin De Leon and Dianne Feinstein. (They each talked a good game. From this, you'd almost have thought Feinstein was a steadfast supporter of Social Security. NOT! De Leon, of course, has no national experience, but has been supportive of senior issues on a state level and has been an environmental and immigration policy leader.)

An important part of the convention was voting on priorities for the coming year. Social Security, Medicare, Medicaid and single payer health care aren't even included in the vote, since they are ALWAYS first priorities. The next three priority issues, counting votes from conventions around the state were:

1. Support efforts to reform Proposition 13 and make commercial property owners pay their fair share of taxes.
2. Support efforts to implement Campaign Finance Reform at state/national levels.
3. Advocate increasing SSI/SSP base grants.

—*Kathie Piccagli*

July Potluck on the Embarcadero

OWLs gathered to enjoy a sunny day in San Francisco with good eating, a book exchange, live music and like-minded company in the Google community space on the Embarcadero. The spacious meeting room featured views on the bay and provided a rather challenging coffee machine that rewarded efforts with great coffee and cappuccinos. The entertainment provided by Pat Wynn and Halli Hammer had us all joining in the chorus of their topical and sometimes hilarious songs. Food, including many vegetarian dishes, was abundant, varied and delicious thanks to talented OWL cooks.



Left, Pat and Halli sing to the OWLs.
Right, Amy, Vivi and Melanie.
Photos by Tina Martin

More Help for Voters

Need more help understanding and choosing which way to vote on State and local ballot measures? Here are some web page sources for information.

California Alliance of Retired Americans (CARA) <https://californiaalliance.org/november-6-2018-general-election/> Recommendations on for California State measures plus explanations for CARA's positions.

Senior & Disability Action (SDA) <https://sdaction.org> Recommendations on San Francisco ballot measures.

League of Women Voters San Francisco <https://www.lwvsf.org> Publishes a Pros and Cons Voters Guide for San Francisco ballot measures.

Property Tax Postponement

It's available again for eligible homeowners. This program allows senior citizens (age 62+) and disabled persons with an annual household income of \$35,500 or less to apply to defer payment of property taxes on their principal residence. Those who do this pay it back with interest when they move, sell, or title to the property is conferred to another.

See www.sco.ca.gov/ardtax_fact_sheet.html for more information or contact the Controller's team at (800) 952-5661 or e-mail: postponement@sco.ca.gov for an application for the 2018-19 tax year. Application period is October 1, 2018 – February 10, 2019. First come, first served.

—Betty Traynor

Save the Date November 17th Exploring Healing Herbs

Our presenter will be Marina Lazzara, local poet, health educator, California native plant gardener and kitchen herbalist. She has studied plants in the woods of Southern Oregon, with witches in the East Bay, and professors in City College of San Francisco's Horticulture program as well as Strybing Botanical Gardens. She works with On Lok Senior Services, Community Living Campaign and tends to many residential gardens throughout San Francisco.

Kitchen Herbalism

In this class we will go over 6 commonly used kitchen herbs: their origins, cultivation, harvesting, drying/storing, growing, their culinary use and as teas. We will also focus on teas as part of one's health program. We will also talk about using herbs & spices to eliminate salt and sugar from the diet.

The meeting will take place in the Community Room of the Northern Police Station, 1125 Fillmore Street (at Turk). Mark your calendars and bring a friend too.

Films that Celebrate The Challenges and Adventures of Aging

The 8th Annual Legacy Film Festival on Aging recently presented its three-day weekend of films, September 14-16, at the New People Cinema, in San Francisco's Japantown. The attendance figures are not yet in, but offhand, it adds up to hundreds of moviegoers; certainly not thousands. And that's ok. Because as one of the most unique film festivals in the USA, if not in the world, the subject of Aging elicits many negative connotations – frail, mentally challenged, boring –even invisible.



Sheila Malkind
Photo by Tina Martin

And yet since Aging is inevitable – if we're lucky – we want to highlight and celebrate the challenges, triumphs and adventures of later life through films from the U.S. and around the world. Some of the current issues we explored were Fresh Views of Later Life; Caring; Choices at end of life; Joys of Friendship. One film, Like Virginia, was a documentary glimpse of an inter-generational relationship between 94-year-old Virginia and her 37-year-old friend and filmmaker, Kelly Schroeder Strong, who looked at Virginia as her role model.

The post-program written evaluations indicated positive responses, such as: 'People need to see the richness and variety of aging; Exquisite'; 'The world needs this; Love international viewpoints. Many of our sister OWLS were there, sharing in the positive responses. It felt good to get that emotional support! Now what we need is financial support to continue our efforts. You can help us by going to the Donate button on our website.

—Sheila Malkind

Executive Director
Legacy Film Festival on Aging
www.legacyfilmfestivalonaging.org
info@legacyfilmfestivalonaging.org

Cleaning Out Closets, Redecorating or Downsizing?

Take your items to the
Community Thrift store
623 Valencia Street
(on the corner of Valencia and
Sycamore, near 17th street.) (415)861-4910



Access the loading dock from Mission onto Sycamore between 17th and 18th. Tell them: **These are for the Older Women's League of San Francisco.** OWL SF receives 40% of anything that sells!

California Salad with Raspberries and Candied Pecans

Matti Alpertone shares a favorite salad recipe from *Mother & Daughter Jewish Cooking* by Evelyn Rose and Judi Rose. (Matti's notes are in *italics*.) This colorful, fruity salad with its lightly candied nuts makes a spectacular start to a dinner party. If you can, buy a pack of six or seven different salad greens that includes more unusual varieties such as spinach, mâche (corn salad), and arugula, that have soft, broad leaves to which the dressing can easily cling. Makes 6 – 8 servings. Once dressed use within 1 hour.

For the dressing

2 tablespoons walnut or hazelnut oil
¼ cup canola or sunflower oil
2 tablespoons extra-virgin olive oil
1 tablespoon raspberry or cider vinegar
Juice of ½ lemon (about 2 tablespoons)
1 teaspoon honey or light brown sugar
1 teaspoon whole-grain mustard
(or English mustard powder)
Pinch of sea salt
10 grinds black pepper

For the salad

½ tablespoon butter or margarine
1 teaspoon light brown sugar
½ cup shelled pecans (use walnut halves if not available) *more nuts*
8 to 10 ounces mixed salad leaves
One 6 ounce basket fresh raspberries
10 stalks fresh chives, each cut into 3 pieces

Place all the dressing ingredients together in a screw-top jar and shake until thickened, about 1 minute. Chill, preferably overnight.

In a small nonstick skillet over moderate heat, melt the butter or margarine and sugar, about 2 minutes, then add the pecans. Toss for a minute until evenly glazed. Allow to cool in the skillet. *Do not let the sugar burn.*

To serve, tear up the salad leaves and toss with enough dressing to coat. Divide the dressed salad in the individual plates and arrange some raspberries, chives, and pecans decoratively on top. Serves chilled with country-style bread such as ciabatta, or brown or light rye bread rolls.

—*Mattie Alpertone*

What Are You Reading?

The Hunted by Rachel Lee is a real thriller which will keep you turning pages way past bedtime. Besides being a fascinating plot, this book will open up for you the vast and lucrative “flesh trade” which mostly involves children and women. This book deals mostly with international sex slave trafficking, whereas San Francisco SafeHouse (which I founded 20 years ago) has mostly focused on domestic trafficking, but sexual exploitation is all of a piece.

Read this book if you enjoy a fast-paced mystery and if you are open to having the myths about prostitution as “chosen” and “should be legalized” all exploded for you forever more.

Of course, the denouement of this book is both violent and preposterous, as is common for books of this genre. Even so, I must ask myself if that reveals anything to me about me, especially since I just gave a lecture/workshop on *Reducing the boundaries of what we consider “necessary violence.”*

—*Glenda Hope*

Calendar

For a complete and up to date listing see the OWL website: <http://www.owlsf.org/calendar/>

October 1 Monday — OWL Board Meeting, 4:00-6:00pm (*Flood Bldg. Room 665*)

October 27 Saturday — OWL General Meeting 10:00-Noon *Dreaming of a more Livable SF?*
(Northern Police Station) (*See cover for details.*)

November 5 Monday — OWL Board Meeting, 4:00-6:00pm (*Flood Bldg. Room 665*)

November 17 Saturday — OWL General Meeting 10:00-Noon *Exploring Healing Herbs*
(Northern Police Station) (*details page 6*)

December 3 Monday — OWL Board Meeting, 4:00-6:00pm (*Flood Bldg. Room 665*)

December 15 Saturday— OWL Holiday Luncheon (*Google Space*) (*details to come*)

YES! I WANT TO JOIN OWL SF!

NAME: _____

ADDRESS: _____

CITY STATE ZIP

TELEPHONE: _____

E-MAIL: _____

Annual dues of \$50 are recommended. (If you are unable to pay the recommended amount, OWL has established a sliding fee scale from \$50 –\$5.) Members receive the quarterly OWL SF Newsletter.

OWL SF will not share or sell our membership list or any information about our members.

Make a check out to and mail to:

OWL SF
870 Market Street, Room 905
San Francisco, CA 94102

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The Founding of OWL

OWL was born in 1980 in Des Moines, Iowa, during one of the pre-conferences held around the county in preparation for the third White House Conference on Aging, which was held in 1981 in Washington, DC. At the pre-conference in Des Moines, TISH SOMMERS noted that little attention was being paid to the ways in which aging was different for women. She called for a special “ad hoc” meeting to discuss this concern. OWL has been a voice for the special concerns of midlife and older women ever since.

Comments or questions? Please contact the SF OWL Office at (415) 712-1695;
e-mail: owlsf@owlsf.org